

Full Report (All Nutrients) 03043, Babyfood, dinner, beef lasagna, toddler

Report Date:October 27, 2015 05:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods**Carbohydrate Factor: 4.1 Fat Factor: 8.9 Protein Factor:4.1 Nitrogen to Protein Conversion Factor:5.98**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proximates						
Water	g	82.30	3	0.300	23.33	139.91
Energy	kcal	77	--	--	22	131
Energy	kJ	322	--	--	91	547
Protein	g	4.20	3	0.300	1.19	7.14
Total lipid (fat)	g	2.10	3	0.100	0.60	3.57
Ash	g	1.40	3	0.000	0.40	2.38
Carbohydrate, by difference	g	10.00	--	--	2.84	17.00
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	18	3	0.000	5	31
Iron, Fe	mg	0.87	3	0.020	0.25	1.48
Magnesium, Mg	mg	11	1	--	3	19
Phosphorus, P	mg	40	1	--	11	68
Potassium, K	mg	122	1	--	35	207
Sodium, Na	mg	41	--	--	12	70
Zinc, Zn	mg	0.70	1	--	0.20	1.19
Copper, Cu	mg	0.097	--	--	0.027	0.165
Selenium, Se	µg	8.4	--	--	2.4	14.3
Vitamins						
Vitamin C, total ascorbic acid	mg	1.9	3	0.200	0.5	3.2
Thiamin	mg	0.072	3	0.009	0.020	0.122
Riboflavin	mg	0.089	3	0.007	0.025	0.151
Niacin	mg	1.353	3	0.050	0.384	2.300

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Vitamin B-6	mg	0.071	3	0.000	0.020	0.121
Folate, total	µg	6	--	--	2	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	2	10
Folate, DFE	µg	6	--	--	2	10
Vitamin B-12	µg	0.51	--	--	0.14	0.87
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	58	--	--	16	99
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	1163	3	227.000	330	1977
Amino Acids						
Tryptophan	g	0.047	--	--	0.013	0.080
Threonine	g	0.163	--	--	0.046	0.277
Isoleucine	g	0.206	--	--	0.058	0.350
Leucine	g	0.324	--	--	0.092	0.551
Lysine	g	0.297	--	--	0.084	0.505
Methionine	g	0.082	--	--	0.023	0.139
Cystine	g	0.048	--	--	0.014	0.082
Phenylalanine	g	0.182	--	--	0.052	0.309
Tyrosine	g	0.132	--	--	0.037	0.224
Valine	g	0.231	--	--	0.065	0.393
Arginine	g	0.253	--	--	0.072	0.430
Histidine	g	0.102	--	--	0.029	0.173
Alanine	g	0.265	--	--	0.075	0.451
Aspartic acid	g	0.353	--	--	0.100	0.600
Glutamic acid	g	0.889	--	--	0.252	1.511
Glycine	g	0.279	--	--	0.079	0.474
Proline	g	0.326	--	--	0.092	0.554
Serine	g	0.120	--	--	0.034	0.204